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The history of tinkers
Learn about when tinkers travelled the Highlands on page 2.

Our public library board
Learn about what they do and who is on the board on page 4.

Haliburton Gold
Read about Haliburton's special fish species on page 11.

A lone ice hut sits in silence as the sun sets on Head Lake in Haliburton. /ADAM FRISK Special to *County Life*

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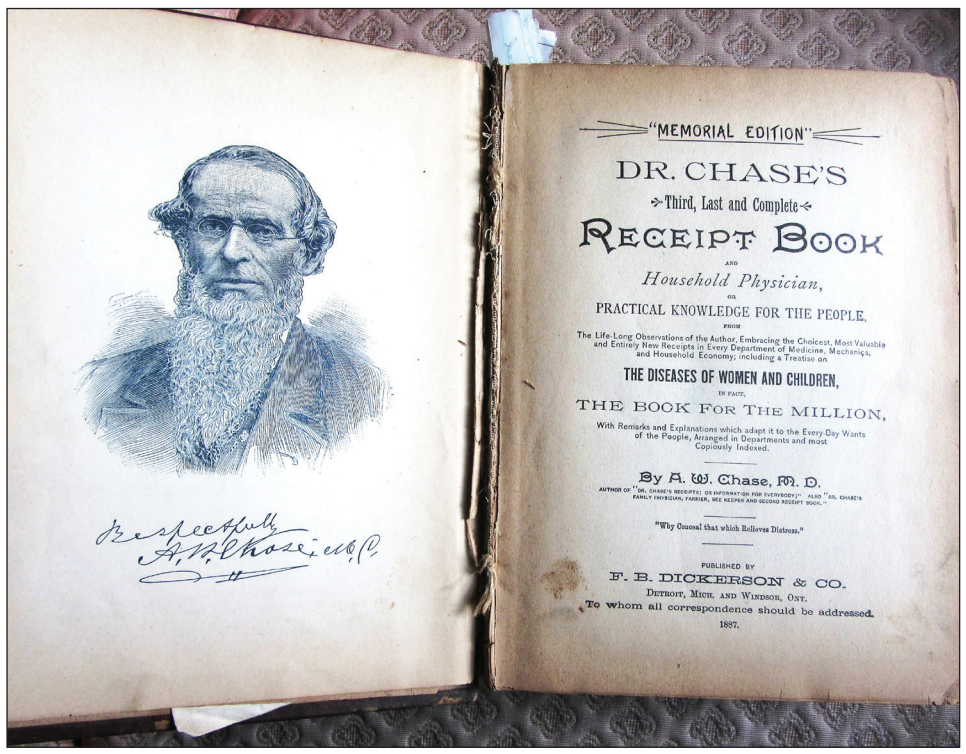
When tinkers travelled the Haliburton Highlands

JANET TRULL
Special to County Life



A copy of Dr. Chase's "third, last, and complete" Receipt Book. /JANET TRULL Special to *County Life*

If you were living in Haliburton in the 1860s, you looked forward to a visit from the tinker. Tinkers were the Amazon of the past. They packed up their wagon with things a pioneer family might need. Soap, sewing thread, hair brushes, utensils, books. Tinkers could repair your pots and pans, too, the ones with holes that you didn't want to throw out. They heated up metal on a little stove, patched up your pot, and it was good as new.

It must have been a lonely circuit, travelling the backroads, going from one isolated farmhouse to the next. I don't think tinkers got rich, but they were generally well-received by women who didn't get many visitors.

One of the big sellers on the rural route was a book called *Dr. Chase's Recipes, Information for Everybody*. Before self-help books, before DIY (do it yourself) television shows, before YouTube videos and TikTok… there was Dr. Chase. He had all kinds of advice for fixing stuff, curing ailments, killing rats and getting stains out of carpets. He gave some sage advice for drunkards, and he had a surefire cure for rheumatism that required the cooking of four toads. Have you gone deaf? Grown a goitre? Gone bald? Dr. Chase had a cure for you! You can see why people would have paid a high price for this info. The 1879 version cost 49 cents. Worth every penny, I'd say.

Who was Dr. Chase? He was a self-described "practical therapeutist," He graduated from the Eclectic Institute of Cincinnati. Eclectic referred to the practice of choosing whatever would help the patient – botanicals, physical therapy, or drugs. Some of his "cures" were called "Granny's Cures." Not evidence-based science, just homemade recipes for coughs and rashes and cuts and headaches and tapeworms. There was no pharmacy with a senior's discount on Thursdays. Instead, the recipes were mixtures of leaves, roots and small animals.

I got my copy of Dr. Chase's book from Janice Bell-Bishop, a local wise woman who lives in the outback of Eagle Lake. She swears by the recipes. The introduction of the book will give you some idea of its usefulness. Especially if you happen to be a young lady.

Every Mother Needs It: To understand and provide for the care, dress, management, and bringing up of children; to understand and cure the diseases peculiar to childhood. Every Woman Needs It: For its plain and practical treatment and cure of all female complaints and irregularities. Every Man Needs It: To know how to act promptly in all kinds of accidents and emergencies. Every Young Lady Needs It: For its hints upon etiquette, to know how to dress becomingly; to know how to beautify the person and complexion; to know how to soften and whiten the skin and hands; to know how to promote the growth and beauty of the hair; to know how to remove superfluous hair, or make it curl; to know how to remove freckles, pimples, and blotches; to know how to remove sunburn and tan; to know how to make perfumes, pomade, tooth-wash, hair oils.

Amazingly enough, you can Google yourself a copy of this precious book. Check it out. There are thousands of tips and cures. Which is a good thing, because the last tinker passed through Haliburton County in 1938. If you want to learn more about the tinker trade, there is an excellent book called Tinkers by Paul Harding. It won the Pulitzer Prize in 2009. One of my all time favourites.

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For information on how your flyer can be inserted each week in County Life please contact Melissa Armstrong at **613-332-2002** or **melissa@haliburtonpress.com**

What is snow?

CLEM GROB

Special to *County Life*

A snowflake formation. /Submitted by Michael Rayias

This may seem like a question for a fifth grader, but when you take a deeper look into a snowflake, some questions are bound to pop into your head. Admit it, those chunky snowflakes that land on your coat can catch your eye and leave you puzzled every now and then.

When temperatures fall below freezing, water vapor in the atmosphere freezes to a dust particle, forming ice crystals. These ice crystals are always present in the atmosphere at below freezing temperatures, but they are not always falling to the ground. There must be a sufficient concentration of ice crystals in the air for them to start sticking together to form snowflakes. Once these snowflakes are large enough, their weight causes them to fall to the ground. Put simply, snow is a formation of ice crystals that have stuck together in the atmosphere.

Now this definition may satisfy a fifth grader, but a witty fifth grader might ask, "What's freezing rain?" or "Why are some snowflakes bigger than others?" So let's prepare for that next. Freezing rain occurs when snow falls from the atmosphere and melts during its descent in an above freezing patch of air. Freezing rain refreezes only upon contact with the ground, which is below freezing.

At this point we should define sleet, which forms when snow falls, partially melts (think of slush), and re-freezes before it hits the ground, creating an ice pellet that bounces off the ground on impact. Here's how you can tell the difference between sleet and freezing rain; if you see ice bouncing off the road, it's sleet. If the precipitation is forming a sheet of ice on the road instead of bouncing, it's freezing rain (and you should stay off the road).

In the coldest temperatures, snowflakes will be the smallest, because once they begin to fall to the ground, very few will stick together. On the ground, this forms a powdery carpet of snow that doesn't want to stick together. In warmer temperatures, the outside edges of the snowflake may start to melt, which makes the snowflake very sticky. It begins to cling to others that cross its path, creating big snowflakes that form into that nice "packing snow" on the ground.

Now, if this hypothetical fifth grader still hasn't lost interest or left, their next question might be, "Why are all snowflakes six-sided" or "Why do all snowflakes look different?" When ice crystals are formed from a water droplet, the two hydrogen atoms like to space themselves out as far as possible from each other, without being on totally opposite sides of the oxygen atom. They've agreed that 105 degrees is a safe distance. When several water molecules form an ice crystal together, the new hydrogen members insist on the same spacing: 105 degrees apart.

This makes the basic structure of ice crystals form into a six-sided shape every time. However, the specific details on the branches coming off this hexagon can vary according to the specific atmospheric conditions each snowflake encounters, making each snowflake different from the next. Due to the complex chemical structure of snowflakes, light is scattered throughout them and they appear white. Sometimes, the light that hits an individual ice crystal is reflected directly to your eyes, making the snowflake sparkle. This mostly occurs on cold sunny days when powdery snow (the kind where ice crystals are well separated) is on the ground.

OPP snowmobile safety

The Ontario Provincial Police (OPP) and its Ontario Federation of Snowmobile Clubs (OFSC) partners are cautioning snowmobilers about the increased risks posed by a milder winter and reminding them of the common sense approach needed to avoid a tragic outcome to their riding season.

The late onset of cold temperatures and lack of snow in many parts of Ontario have set a particularly dangerous stage for snowmobilers, especially those who are considering riding on frozen waterways. Close to 40 per cent of OPP-investigated snowmobile fatalities have occurred on frozen lakes and rivers over the past 10 years. Snowmobilers are therefore urged to avoid all frozen waterways at all times.

The majority of OFSC trails are currently unavailable and snowmobilers need to stay off all OFSC trails except those that are open. Check for trail status updates on the OFSC Interactive Trail Guide when planning your ride.

With speeding, driving too fast for the conditions and alcohol/drug-impairment the leading causes in snowmobile fatalities, snowmobilers are reminded that the conscious choice to include these (and other) risks in their ride - more so than the risks themselves - make snowmobilers their own worst enemy when tragedy strikes.

With Snowmobile Safety Week kicking off across the province, make every ride a safe one so that you can enjoy the world-class snowmobiling Ontario has to offer and, more importantly, so that you can get home safely to your family.

Submitted by the Ontario Provincial Police

Community Events

Send your event listing to classifieds@haliburtonpress.com

Haliburton County Historical Society event

When: Thursday, Feb. 16 @ 1:30 p.m.
Where at the Haliburton Museum
What: Meet guest speaker Tony Keene of the Monarchist League of Canada. Hear his realistic views on the future of the constitutional monarchy in Canada. Light refreshments will be served.

Haliburton Highlands Writer's and Editor's Network

When: HHWEN regular meeting the third Thursday of every month. Starting Dec. 15 from 1 to 3 p.m.
Where: Minden Library, Rotary Room,
176 Bobcaygeon Rd., Minden.
Gather and meet members, read stories, general news.
Contact Kay Millard, Secretary HHWEN, 705-286-6635

TOPS: Take Off Pounds Sensibly

When: Monday mornings 9:30 to 11 a.m.
Where: Haliburton Legion Branch 129, upper level
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What does a public library board do?

CHRIS STEPHENSON
Special to *County Life*

The library staff and administration team at Haliburton County Public Library (HCPL) were excited to welcome our new, incoming library board in early January. These nine members include four appointed public members, four elected members from each municipality who also sit on County Council, and the Warden of Haliburton County, who sits as an ex officio member. At our first meeting on Jan. 11, a Board Chair and Vice Chair was nominated and chosen.

A warm welcome to the new Board members of the Haliburton County Public Library.

David O'Brien (library board chair, Public Appointment)
Lisa Schell (library board vice chair, deputy mayor of Minden Hills)
Liz Danielsen (county warden, ex officio member)
Jennifer Dailloux (deputy mayor of Algonquin Highlands)
Walt McKechnie (deputy mayor of Dysart et al)
Cec Ryall (deputy mayor of Highlands East)
Adele Espina (Public Appointment)
Paul Petric (Public Appointment)
Tim Casey (Public Appointment)

Library Board members serve a four year term and attend a minimum of 10 meetings per year. Typically, we break from meeting in July and August. Such a board in Ontario is guided by the Public Libraries Act, R.S.O 1900, c. P44, which indicates that public libraries in our province must be operated under the management and control of a public library board. It's the legal authority providing governance, decision-making, accountability, policy creation and review, and it's also the Board's role to oversee and monitor the library's performance. Put simply, while the library Board doesn't exist to run the library, it ensures that the library is properly run.

Advocacy, fundraising, and the review and development of library policies are some of the key areas the board may focus on through the year. Various working committees will be formed to address these important parts of library life, and our 2022-2027 Strategic Plan and the Annual Work Plan will help guide the progress. As well, the new board members will tour our library system's branches, approve financial statements once they're presented by the auditors, and review and approve regular and special reports, such as the annual Facilities Report. The Board also reviews branch opening hours and the fees we charge, and it will confirm holiday closures. A substantial task is to discuss, draft, and approve the next years' budget, and this is usually started in September. The year wraps up by appraising the CEO's performance and completing a Board evaluation, as the members provide feedback about the effectiveness of the Board.

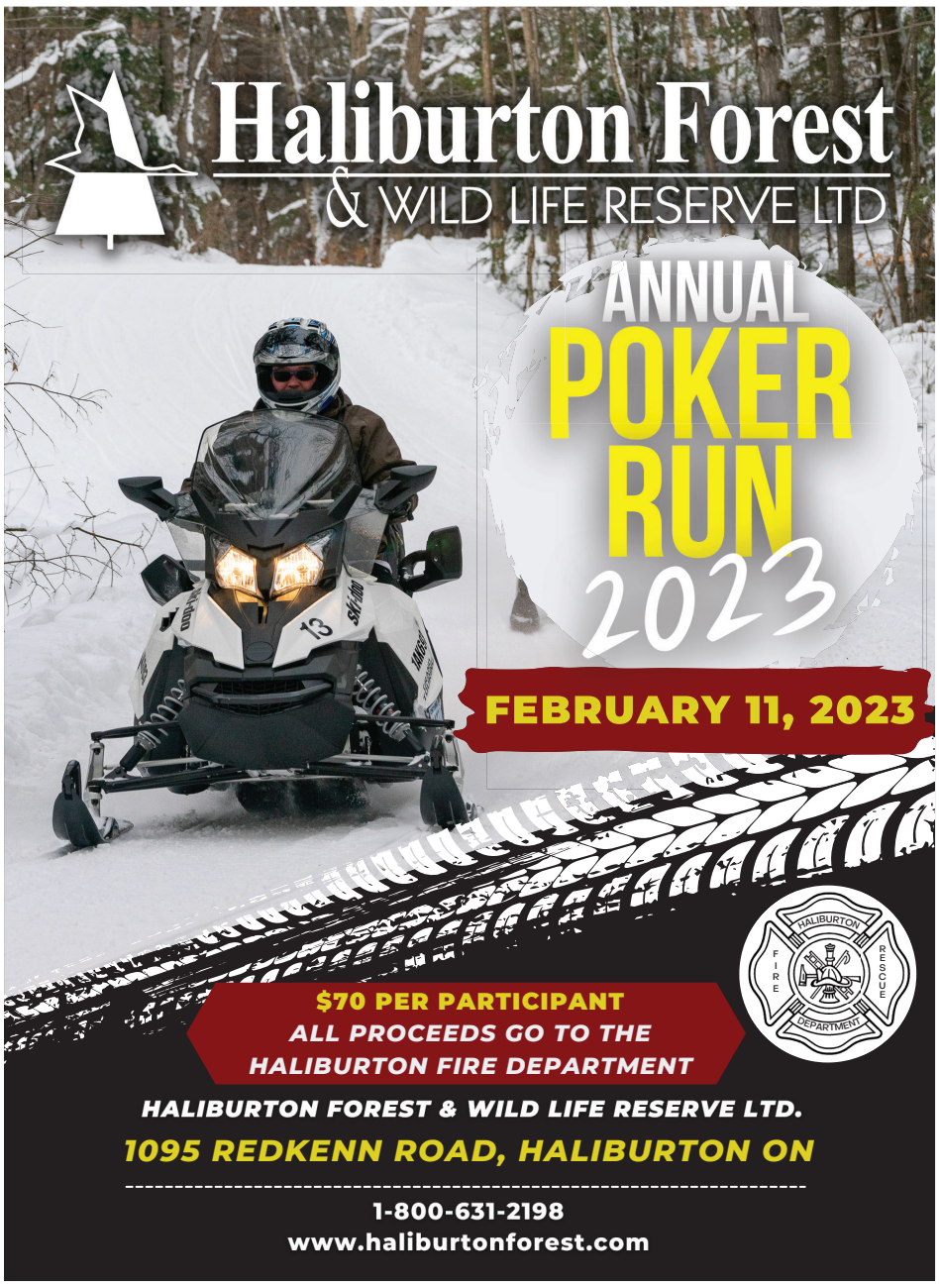
Over the course of the next nine board meetings this year, administrative library staff will make presentations explaining their role and providing updates in key areas such as collections, technology and systems, marketing and communications, or programming and outreach. As you can imagine, ongoing communication between a library's board, staff, and patrons is important to the functioning of a high-quality library service. Internal and external communications are something we spend a lot of time on. As we often say, there's not much point in putting effort into creating great library programs and services if community members aren't made aware of them! Another communication pipeline occurs between the library board and the local councils. In June, we'll publish the HCPL Annual Report. This will be a mid-year snapshot of our accomplishments thus far, and the board chair and library CEO will present this as a delegation to our four municipal councils, plus the county council. It's an opportunity to discuss library service publicly and answer questions the representatives may have about our operations or strategies.

Of course, Haliburton County Public Library doesn't operate as a standalone library system, even with its eight service points. We are members of several library organizations such as the Federation of Public Libraries (FOPL), the Administrators of Rural and Urban Public Libraries of Ontario (ARUPLO), the Ontario Library Consortium (OLC), the Ontario Library Service (OLS), and the Ontario Library Association (OLA). These groups help provide organizational guidelines, staff training, board orientation, and so many other things that a busy library may be unable to tackle on their own. Memberships in library organizations help us advocate for public libraries and their funding at all levels of government, but they often increase our collective purchasing power for software and digital platforms that all libraries may use. It's the reason, for example, why a library of our size is able to negotiate cost-effective access to over 90,000 eBooks and audioBooks.

The field of librarianship is characterized by a high degree of information sharing. The library CEOs at Ontario libraries meet online regularly and discuss ideas, challenges, and approaches on an active email Listserv, to support each other. Conferences are organized so that staff at all levels of public libraries can attend, present, and learn new methods and concepts from colleagues. It's a place to debate and discuss the challenges of the profession, and hopefully find renewed inspiration along with solutions.

In fact, some of our staff will be representing Haliburton County Public Library at OLA's library "SuperConference" in Toronto this month. This will be our first in-person conference appearance since 2019. Our tech and systems Librarian will give a presentation about the digital accessibility aspects of our library's new website. The presentation is titled Practical Digital Accessibility for Public Library Websites, and we'll be co-presenting with staff from the web development company we worked with last winter.

In summary, many committed people are involved in planning, overseeing, and running a great public library. We thrive on feedback from our community, and we love to see people signing up for new library memberships. Each person who shows up to run or attend a program, or simply uses a library's services, makes the organization better and our community stronger. Libraries really are community hubs, or the municipal living room, or the heart of a town – call us what you like, but we hope you'll stop by and see us this year. It would be great to welcome you and tell you more.



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Happy trails

Ken Teasdale and puppy Hazel get ready to go for a Sunday snowmobile ride. /Submitted by Tamara Wilbee

Hazel, wearing an HCSA toque, was tired out after a long day of Sunday riding. /Submitted by Tamara Wilbee

Full lot

Head Lake Park in Haliburton has been a sea of snowmobiles since the opening of the HCSA B103 trail between Kinmount and Haliburton. /DAVID ZILSTRA Staff

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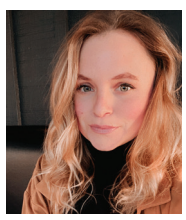
Love is love



EMILY STONEHOUSE
County Life Staff

'Tis the season for love. We see it all over the place. Chocolates in heart shaped boxes. Pink and red streamers and balloons. Teddy bears with phrases like "be my sweetheart" embroidered on their little ears.

That's love, isn't it?

Apparently it is. At least, that's what we're told.

Every year, when Valentine's Day creeps up, the concept of "love" becomes more and more prevalent. For one day at least. And then any good chocolate connoisseur knows to hit up grocery stores on Feb. 15 to stock up on red-stickered sweets.

Last year, I wrote about the fact that while love is worth celebrating, it doesn't need to come in the form of red roses on one singular day. Love is not only listening, but hearing. It is not only cuddling, but caring. It is not only the highs, but also the lows.

True love comes in many forms. On Valentine's, it's important to remember that. Love between families, between friends, between pets, between plants. It's whatever makes your heart tick.

But something I think is worth addressing, is love towards yourself as well.

Over the past few years, "self-love" has been identified and manipulated by targeted ads on social media. Slowly but surely, we have been molded to believe that we will finally love ourselves when we have glowing skin, accomplish the right workout, and find that sweater that hugs our torso just right. Then, and only then, will we love ourselves.

The pandemic heightened those feelings of insecurity. Where before we would fill up our cups with socializing and special events, during the chapters of isolation, we laid low. We were forced to spend time in our minds, to focus on our own needs, and to actually face ourselves beyond just looking in the mirror. We had to become our own best friends. And let me tell you, this was a challenge.

I myself fell victim to the rhetoric of "self-love." When spending so much time with myself, I felt like I needed more and more to make myself a version of someone who I could love. I had spent so many years chameleoning to other people, falling into the gaps wherever needed, that when it came time to find myself, I didn't really know who I was.

So I tried to fill in the gaps I found in myself. I doomscrolled socials to try to find the items that would facilitate self care and self love. Maybe if I got an organic agave face mask, I would look in the mirror and feel good. Maybe if I spent an exorbitant amount of money for online fitness classes, I would feel better. Maybe if I got watermelon foot lotion, I'd be happier (that last one, I admit, was a major swing and a miss and only ended in hives across my toes.)

I have absolutely no qualms about people looking to better themselves, that's called growth.

But what I do want to address is whether you are doing it for the right reasons. Are you doing it so you fit into your old jeans? So you don't pick out your flaws every time you pass a mirror? So you can fit in?

Because that is not self-love.

Self-love is exercising because it makes your heart happy. It's taking time to recharge your social battery. It's time with friends. It's time alone. It's reading books that make you feel like flying. It's making that doctor's appointment you've been putting off for months. It's taking a long shower. It's eating food that feeds not only your body, but your soul. It's feeling like you are enough, all the time. Because, you are.

So this Valentine's, tell someone or something that you love them, even if it's your own reflection in the mirror, and then keep that true love going, year-round. After all, love is love, through and through.

Top 10 things that would make a smart watch better for seniors

STEVE GALEA
Humour Columnist

SMART WATCHES have been gaining popularity for quite a while. But they are still a little too oriented towards young people. If a company really wants to succeed, they need to target the lucrative seniors' market, because no demographic is more into the high-tech products than seniors. Don't believe me? Remember the Clapper, clap activated light switch?

Yeah, well, that was us.

With that in mind, here are the top 10 ways that the smart watch companies can capture the lucrative old people's market.

1. Make the clock face a sundial.
2. Make the watch's viewing surface come with accompanying magnifying glass.
3. Big red button to call grandkid help line.
4. Have a "Speak up!" feature.
5. Have the watch translate everything young people say.
6. Have a "You are about to get cancelled warning," prior to sending any text, social media post or email.
7. Make the watch band out of a tensor bandage.
8. 72-point font.
9. Include an app that reminds you of your password and then explains what an app is.
10. Automatic calls to children, reminding them "I'm not getting any younger."

On making things better

Are you looking for ways to start making life easier and less stressful for your family?

If your answer is "yes," you are with millions of other Canadians who are looking for a reset after years of pandemic struggles.

Caregiving can be draining at the best of times. These challenges are compounded when facing global crises that affect our mental and physical health and economic circumstances, and deprive many families of essential healthcare and social "village" supports on which they previously depended.

"Over the past three years, children have had to adapt to new routines and manage worries they never had before. Caregivers had to meet family and work responsibilities at the same time for long periods, while also worrying about their children's health," said Mary Sisson, manager of the Haliburton County Youth Wellness Hub.

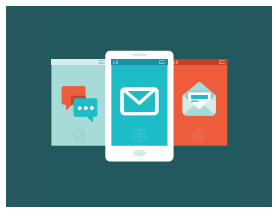
There is, of course, no magic solution to making things better. But over the course of the pandemic, the concept of "good enough" parenting re-emerged. Good enough parenting challenges the "more is better" approach to caregiving that is prevalent today and encourages parents to zoom out from extensively managing our children's experiences and responses to the world. Instead, caregivers are encouraged to focus on emotional attunement with their children, choose activities mindfully, and model self-compassion, which allows caregivers and their kids to view minor mistakes as learning opportunities.

Positive parenting and positive discipline techniques can also help build stronger, more independent relationships. Positive discipline focuses on encouragement, problem solving, and high levels of communication instead of traditional discipline methods.

Some techniques for adopting a more positive parenting style include role modeling kindness and respect; being consistent with promises and consequences; setting boundaries for children's behaviour; praising and providing incentives for good behaviour; and building mutual connections through playing games, reading together, or talking about their child's day.

Indeed, just taking the time to genuinely connect with your child and actively listening to their feedback makes them more likely to cooperate with a positive parenting approach, and in the moment, sometimes those small wins are good enough.

Submitted by Point in Time Centre for Children, Youth and Parents



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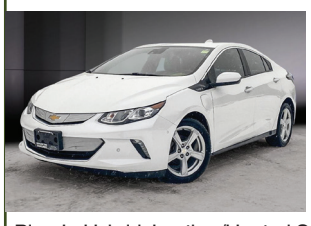


H22-066AAA

$262 Bi-Weekly Taxes-In @ 8.99% APR, 60 Months

104,896kms

Plug-In Hybrid, Leather/Heated Seats, Navigation

$30,998 + HST & Licensing

2017 DODGE GRAND CARAVAN CREW

H22-066AA

$190 Bi-Weekly Taxes-In @ 8.99% APR, 72 Months

137,578kms

V6, Power Door Locks, Stow'N'Go

$19,998 + HST & Licensing

2021 FORD EXPLORER ST

H21-904A

$459 Bi-Weekly Taxes-In @ 8.99% APR, 96 Months

16,564kms

Massaging Seats, Pano Roof, 3.0L Eco-Boost

$59,998 + HST & Licensing

2018 JEEP WRANGLER UNLIMITED SAHARA

H21-905AA

$372 Bi-Weekly Taxes-In @ 8.99% APR, 84 Months

58,262kms

LED Lights, V6, Heated Seats, Navigation

$44,400 + HST & Licensing

2021 GRAND CHEROKEE L LIMITED

H21-903A

$452 Bi-Weekly Taxes-In @ 8.99% APR, 84 Months

13,857kms

V6, Pano Roof, Heated/Cooled Seats, 3rd Row Seats

$58,988 + HST & Licensing

2018 JEEP GRAND CHEROKEE HIGH ALTITUDE

H19-910AAA

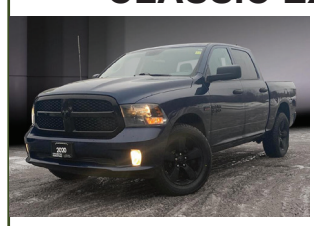
$337 Bi-Weekly Taxes-In @ 8.99% APR, 84 Months

76,092kms

Cooled Seats, Panoramic Sunroof, Air Susp

$39,998 + HST & Licensing

2020 RAM 1500 CLASSIC EXPRESS



H22-174A

$328 Bi-Weekly Taxes-In @ 8.99% APR, 84 Months

72,070kms

V8 Hemi, Heated Seats, Tow Package, Bluetooth

$38,998 + HST & Licensing

2018 RAM 2500 LARAMIE LONGHORN

H18-909A

$545 Bi-Weekly Taxes-In @ 8.99% APR, 84 Months

72,070kms

6.7L Diesel, 5th Wheel Prep, Cooled/Heated Seats

$64,900 + HST & Licensing

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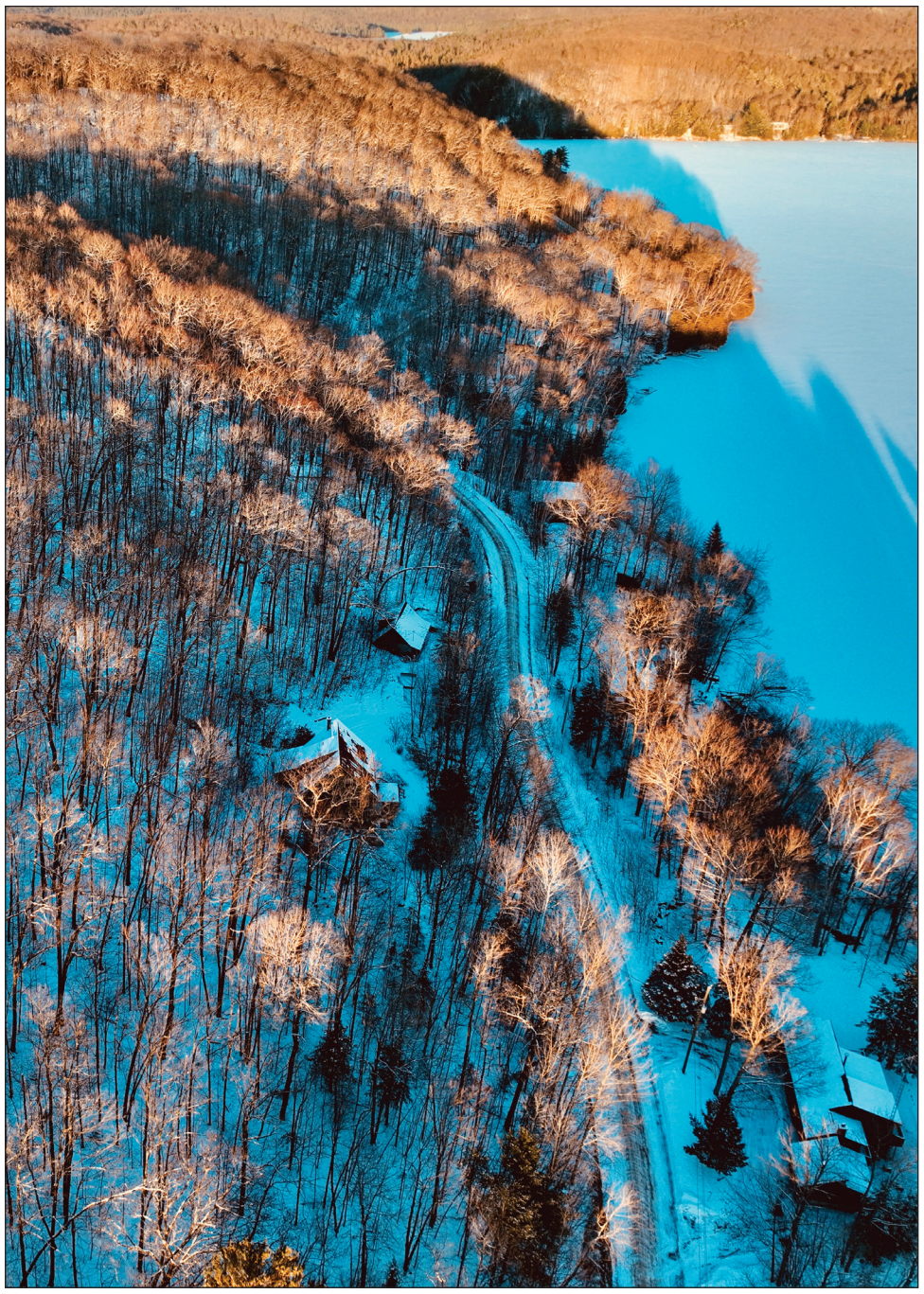
HALIBURTONCHRYSLER.CA

Nature in your backyard

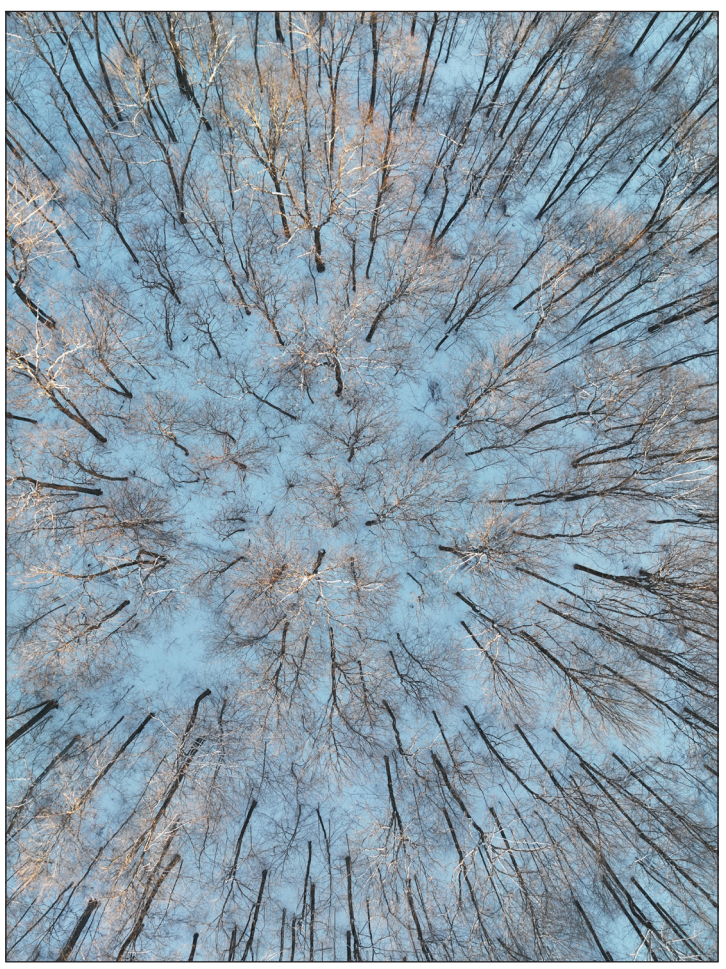
County Life welcomes photo submissions depicting life in the Highlands. Email vivian@ haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.



A cottage road twists into the hills of the Highlands. /Submitted by Michael Rayias

A deer with a thick winter coat stays alert. /Submitted by Tammy Nash

A pine marten stands with a snowy nose. /Submitted by Tammy Nash



Frosty trees from above. /Submitted by Michael Rayias

Two deer get "hoofy" with each other. /Submitted by Tammy Nash

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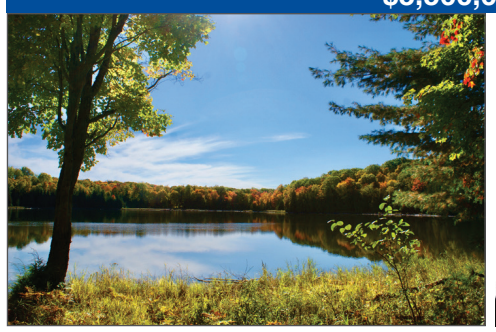

222 acres of rolling Canadian Shield• Sparkling waters of both Cedar & Otter Lakes• Great opportunity • Gorgeous natural views where wildlife abounds.• Draft Plan available for 12 multi-acre lots• Easy 2-hour drive from GTA with year round access.

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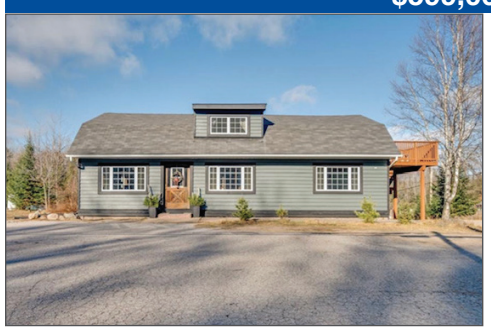
$599,000



This fantastic corner property is commercial/ residential zoned that offers prime visibility for maximum exposure. Work, live and play under the same roof.

Cheryl Bolger
Sales Representative
705-306-9450
cheryl@haliburtongoldgroup.com
GOLD GROUP

ONE OF A KIND $1,099,000

This cottage or home sits on 1.2 acres nestled in the trees across from scenic Loon Lake. It exudes warmth with timberframe details, quality finishes and unique touches. Outside offers extensive, professional landscaping that includes flagstone walkways and steps, a stone archway, a covered bbq area. BONUS: a dream 1,750 sq ft heated workshop, Don't miss this one!

Terry Carr & Drew Staniforth
Sales Representatives
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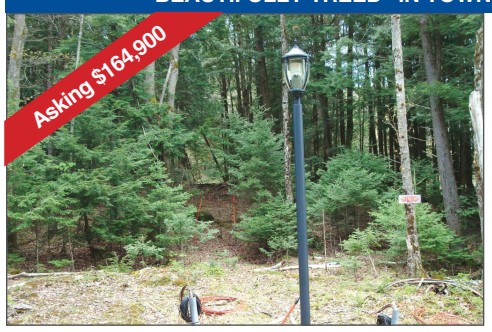
BEAUTIFULLY TREED "IN TOWN" VACANT BUILDING LOT



- Located on Lakeview Street (formerly North St)
- Quiet dead end street
- Underground hydro & street lanterns
- All new homes within last 10 yrs, most less than 5 yrs
- 127' on the road, 239' deep

Vince Duchene
Broker
705-457-0046
www.vinceduchene.ca

ESSON LAKE $749,900

- Pretty 2 bed/1 bath & lrg garage
- Premier lake & 3 miles of boating
- Open concept KT/LR/DR; great view
- Mostly updated some finishing to do
- Fantastic swimming, fishing, boating
- Terraced lot; east exp, private rd

Rick Forget
Broker
705-457-0580
haliburtonhighlands-remax.ca

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Lynda Litwin
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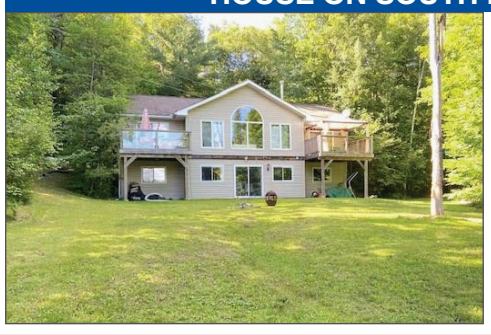
HOUSE ON SOUTH LAKE $859,000



- 4 Season home or cottage minutes to Minden
- Level lot just under 1 acre
- 100 feet of water frontage
- 3 bedrooms & 1 bath on main floor
- Unfinished basement with walkout to lake

Kelly Mercer
Broker
705-455-7500
kelly@kelly-mercer.ca

MINDEN COMMERCIAL OPPORTUNITY $879,000.00

Property includes a two bedroom and three bedroom apartment; small business office, retail store, multiple storage units along with plenty of parking spaces. This property is already generating income. New roof Fall of 2022.

Lisa Mercer Broker
705-457-0364 • www.lisamercer.ca

1224 TOM BOLTON ROAD $525,000

1 1/2 storey home and hobby farm located on 12 picturesque acres centrally located between Minden and Haliburton - huge country kitchen and dining area - loads of pine cabinets - walk in pantry - living room and family combined - 3 bedrooms - 2 baths - 22 ft. x 48 ft. barn with hay loft - large shed - very private.

Ted Vasey
Sales Representative
705-455-2034
ted@tedvasey.ca

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The business of waste

JOHN WATSON

Special to *County Life*

Residents across Ontario do a great job reducing, reusing and recycling. However, the commercial sector has experienced challenges and is not doing as well.

According to the Ontario Ministry of Environment, Conservation and Parks' 2019 discussion paper "Reducing Litter and Waste in Our Communities," Ontario's overall waste stream is composed of 4.7 million tonnes of residential waste, and 6.9 million tonnes of Industrial, Commercial and Institutional (ICI) waste. According to that same report "The residential sector does a better job of diverting waste at nearly 50 per cent while the ICI sector diverts just 17 per cent."

The ICI sector is quite broad, currently including retail shopping establishments and complexes, large construction or demolition projects, office buildings, multi-unit residential buildings, restaurants, hotels and motels, hospitals, educational institutions, and large manufacturing establishments.

In 1994, the Ontario government passed a suite of laws referred to as the 3Rs Regulations. These regulations are numbered 101, 102, and 103.

Ontario Regulation 101/94 "Recycling and Composting of Municipal Waste" is important for the four lower-tier municipalities (Dysart et al, Algonquin Highlands, Highlands East, and Minden Hills) because it mandates municipalities of a certain size provide Blue Box recycling to residents.

Ontario Regulation 102/94 "Waste Audits and Waste Reduction Work Plans" requires businesses, restaurants, etc. of a certain size to conduct waste audits of their operations, and then produce a waste reduction work plan. Ontario Regulation 103/94 "Industrial, Commercial and Institutional Source Separation Programs" requires ICI establishments of a certain size to implement recycling programs.

One thing to note: Ontario Regulation 101/94 requires municipalities to offer Blue Box recycling to residents. The upcoming Ontario Regulation 391/21 "Blue Box" again mandates a Blue Box recycling program for residents. Ontario Regulations 102/94 and 103/94 were envisioned as being delivered through a business-to-business model. So you as the ICI owner would conduct a waste audit, create a waste reduction plan, and hire a licensed contractor to haul and process your business' recycling. The recycling and garbage generated by your business is a business expense (and to reduce costs, it's in your best interest to minimize waste).

Admittedly, in Haliburton County, the ICI sector is challenged with a low number of licensed waste haulers (therefore decreased competition). There are no private waste transfer stations anywhere in the County (so your recyclables are travelling farther distances at greater cost). In more urban communities, the ICI sector has many more choices in securing a licensed hauler, and those haulers have more private transfer stations they can access. In Haliburton County, the ICI sector has often relied on municipal waste disposal sites to assist in the management of their business waste.

The Ontario government is responsible for enforcing the 3Rs Regulations, and their efforts towards the ICI sector have been weak. On occasion, you'll hear of a provincial inspector visiting a school looking for its waste audit information and waste reduction plan (school boards have been proactive on this front; most have these documents ready). Or a large restaurant chain will suddenly implement a recycling program for its take-out packaging.

In fact, in fall 2022, the four lower-tier municipalities surveyed the local ICI sector: 79.5 per cent of respondents were unaware of Ontario Regulation 102/94, 97.4 per cent had never had an MECP inspection regarding waste audits or waste reduction work plans, 89.7 per cent had not conducted a waste audit, and 76.9 per cent had not created a waste reduction plan.

It's worth noting a 2021 report by the Office of the Auditor General of Ontario found that "less than 2 per cent of all ICI establishments in Ontario are subject to" Ontario Regulations 102/94 and 103/94. This is partially because of those regulations' size thresholds. For example, a retailer needs to have 10,000 square meters of floor space to be required to recycle under the provincial regulations.

These 3Rs Regulations are more than 20 years old. The provincial government has indicated that once Ontario Regulation 391/21 "Blue Box" (with its focus on residents) becomes fully implemented in 2026, they'll turn their attention to the ICI sector with an aim of reducing ICI waste being landfilled. Hopefully at that time the 3Rs Regulations that impact the ICI sector will become more robust, comprehensive, and enforced.

As a retailer, office building, restaurant, hotel or motel, hospital, or school, what can you do to effectively manage your waste?

Know who is collecting your garbage and recycling and where they are taking it for disposal or processing.

Ensure your hauler is licensed to haul waste. They face fines if they are not properly licensed.

If you have a recycling program, know what's accepted in it. Do containers and papers need to be separated?

Put recycling bins in locations where recyclables are generated. For example, paper towel is not accepted in recycling programs, so don't put a recycling bin in the public washroom. But your staff kitchenette will generate recyclables, so it needs a recycling bin. What about the reception area, photocopy room, meeting room, etc.?

Hang posters of acceptable materials by recycling bins and garbage bins. Every bin should have an accompanying poster.

Set-up a recycling program for batteries, ink and printer cartridges, scrap metal, and other items you may use in your operations.

Work with business associations on collaborative hauling and processing contracts for garbage, recycling, or even used cooking oil/grease.

Consider conducting a waste audit of your business' operations.

John Watson is the Environmental Manager for the Municipality of Dysart et al.

HALIBURTON COUNTY HUSKIES

Home Games
S.G. Nesbitt Memorial Arena

WWW.HUSKIESHOCKEY.CA

Saturday, Feb. 11 @ 4:00 p.m.
vs Stouffville Spirit

Sunday, Feb 12 @ 3:00 pm
vs Collingwood Blues

Monday, Feb 20 @ 1:00 p.m.
vs Lindsay Muskies

For more information please visit our website

Legion Events

Branch 129 Haliburton

Mondays: Bridge every Monday at 1 p.m. Schofield Room.
Tuesdays: League darts starting at 7 p.m. Haliburton Army Cadets practice 6:30 to 9 p.m. (Sept to June)
Wednesdays:
Bid Euchre 1 p.m. start – Main Hall.
Bingo doors open at 6 p.m.
Bingo starts at 7 p.m. $500 Jackpot
Thursdays: General Meeting third Thursday of the month, starting at 7 p.m. All members urged to attend.
Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Meat draw has five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Tickets are $2 per draw. Ed Pickard, MC.
Friday fun darts from 4:30 p.m. and onwards.
Saturdays: 50/50 Draw 4 p.m. draw – tickets are $1 each available in the Clubroom.
Whether you're planning a function for 10 or 200, for more information call the Legion today at 705-457-2571, email rcll129@outlook.com or visit haliburtonlegion.com. Come on out and support Haliburton Legion Branch 129 ... everyone is welcome!
Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

Branch 636 Minden

Lunch - Monday to Friday
Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m.
Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.
Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
Every other Friday: Karaoke 8 to 11 p.m.
Friday Fish & Chips & Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.
Every other Friday Karaoke 8 to 11 p.m.
Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.
Call ahead any day for take-out: 705-286-4541
Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.

Wilberforce

Feb. 9: 1 to 6 p.m. Social Rec 10 a.m. to 1 p.m.
Feb. 10: 2 to 9 p.m. Diners Club 12pm Contact Denise Butler 705-448-8865 to book and $15/person. Pool 2 p.m. Wing night & Jam session 5 to 8 p.m.
Feb. 11: 2 to 6 p.m. Meat draw 3 p.m.
Feb. 12: LA Breakfast 9 to 11 a.m.
Feb. 13: Closed
Feb. 14: Open 4 p.m. General meeting 7 p.m.
Feb 15: 2 to 6 p.m. Darts 2 p.m. Everyone welcome!
If you are planning a function for social or other event providing our guidelines/ conditions are met, please feel free to contact us at 705-448-2221.
Friday dinners are in jeopardy due to lack of volunteers. Janice S. needs to step back so if interested please reach out ASAP to help. Young people come out and show the elders how it's done!

Diving into history in our Lakes

CLEM GROB
Special to *County Life*

Fish hatched at the HHOA Fish Hatchery have a 60 to 70 per cent success rate as opposed to a one per cent success rate in the wild. /CLEM GROB Special to the Echo

Have you ever heard of Haliburton Gold? Or maybe you've eaten it? This is a species of fish that can only be found in a few lakes around the world, all of which are in the Haliburton region. Haliburton Gold is referred to as a glacial relic and a heritage species.

Historically, this fish was assumed to be a member of the common lake trout species found in Ontario, Salvelinus namaycush. However, local fishermen have long suspected that this fish was a different species due to its small, torpedo shaped body, and strong fighting abilities. It wasn't until the 1980s that scientists genetically analyzed the fish, revealing that it was indeed a distinct species – one of the oldest and purest strains of lake trout in the world.

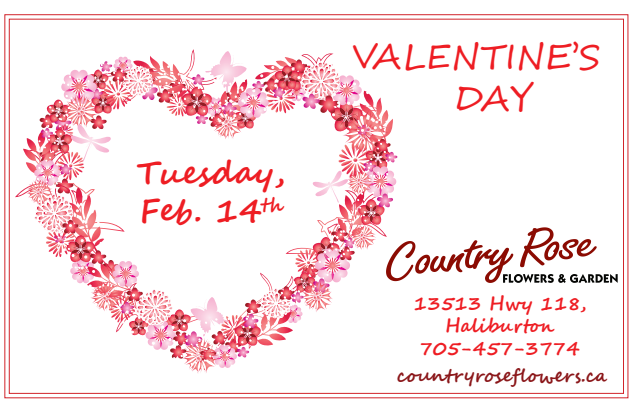
Haliburton Gold is a genetically unique strain of Lake Trout that has a long history in the Highlands. When the glaciers retreated at the end of the last Ice Age, the lakes of Haliburton were shaped into what we see today; and Haliburton Gold was left behind.

Haliburton Gold is a hardy fish that is highly adapted to Haliburton's climate. On top of this, they mature and reproduce at a younger age than other lake trout species. Although hatchery-raised Haliburton Gold has not yet been proven to reproduce in the wild, Haliburton Highlands Outdoors Association (HHOA) president Dan Smith suspects that they can, and do. "Each year we release Gold, we clip a different fin to know when they were released" said Smith. "In lakes where they don't naturally occur [but they are stocked in], there have been reports of Golds without any fin clippings," he said, suggesting that the unclipped fish are naturally born offspring from the hatchery-raised fish.

Together, their fast-maturing, hardy characteristics make them an excellent choice for lake rehabilitation. When fish populations are low, Haliburton Gold can be introduced, and they grow faster than other lake trout populations would.

Haliburton Gold, as well as many other fish species, are a continuing species in lakes around Haliburton County thanks to the efforts of the Haliburton Fish Hatchery. At the Hatchery, volunteers collect eggs in the late fall after dark, when these fish travel up rocky streams to spawn. They are then captured, their egg and sperm collected, and released back into the lake. Eggs are brought to the hatchery to be raised by volunteers, where their chances of survival are a whopping 60 to 70 per cent (versus only one per cent survival if left in the wild). It takes a whole 18 months for the eggs to develop into fingerlings, which are stocked into local lakes in May.

Haliburton Gold has a strong cultural and economic significance to the Highlands. Many fishermen have enjoyed the unique, salmon coloured flesh of this fish for years. This fish supports a large tourism industry by continuously providing a challenge and reward for fishermen in the attractive lakes of Haliburton County.



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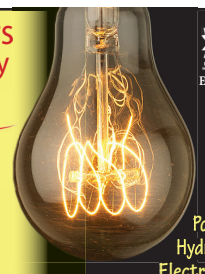

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Camp Timberlane is a co-ed residential summer camp for campers aged 6 – 16 and is looking to hire candidates to join our onsite Housekeeping / Laundry team and our Grounds Keeping and Maintenance. For more information about the camp, visit us at **www.Camptimberlane.ca**

Housekeeping/Laundry - Full Time, Temporary, Contract
Four positions available
Our Housekeeping and Laundry areas are managed with teams split between Housekeeping and Laundry.
Responsibilities include: cleaning of all buildings, accommodations, washrooms, shower facilities and common areas throughout the camp, including the turnover of living space throughout camp and overall upkeep of camp facilities. Cleaning and light maintenance duties include, but not limited to sweeping, mopping, cleaning, painting and replenishing supplies needed for showers and washrooms.

Grounds Keeping/Maintenance - Full Time, Temporary, Contract
Two positions available
Our Maintenance and Construction Team are managed with teams split between the Maintenance and Construction Team and Grounds Keeping.
Responsibilities include: keeping the grounds clean and clear of garbage and waste, grass cutting and leaf blowing, landscape maintenance, empty garbage receptacle, operation of front loader, painting, delivery wood for firepits. Sundry duties as assigned. Manual labour or construction experience will be an asset.
Expected Start date: Spring 2023
Candidates will be cross-trained and or assigned to areas based on existing skills and previous work experience. Candidates must enjoy working outside. A typical work week is 40 hours with potential for overtime. Willing to take required government safety certifications such as WHMIS. Able to support a positive team environment.
Salary: Housekeeping / Laundry or Grounds Keeping: $17.50 - $19.50 per hour based on experience. Maintenance with construction/building experience: $25.00 and up.
Submit application and resume by email to Jay@camptimberlane.ca

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World Cup race back in Minden

World Cup racing will return to the Minden Wild Water Preserve again this summer and will be the one last shot at impressing the International Olympic Committee with the facilities.

"This will be the last chance to show the world what we can do," Race Committee Chairman Robert Grose told Anson, Hindon and Minden Council last Thursday. It is not likely that Minden will host a World Cup race again in 1990, so this will be the last chance to show off the Preserve to the committee that will choose the site for the 1996 Olympics next year, said Grose.

The city of Toronto is bidding for the honour of hosting the 1996 Games and if it is successful, the Minden Preserve will be the site of the white water canoe and kayak events. In 1992, Canoe slalom will be included in the canoeing program at the Olympic Games in Barcelona.

"Every time I come before this council I'm crucified or hoorayed, depending on how many parking tickets were issued and how many people came out."

1990 is when the bid for Toronto is either accepted or rejected for 1996." Grose said. "If we put a show on for the world and get Toronto's people here, then they can show off the facility in their bid."

The first World Cup circuit was brought to life last summer, with the Minden race being one of seven. "Based on the success of last year's World Cup event, Canada has been selected to host one of the seven events again this year," Grose told council. More than 100 of the world's best paddlers will be competing again in Minden, which means more good exposure to everyone involved in the sport.

Major television coverage of the World Cup circuit is a strong possibility this year. Grose said negotiations with an international sponsor are almost complete and he should know this week if the television proposal will be accepted.

Grose was at the council meeting to inform members of what will be happening at the course this summer and to make sure the usual facilities will be in place. He was asking that the townships provide garbage cans in the park, four portable washrooms, a sign to be placed at the corner of Highway 35 and Horseshoe Lake Road and parking attendants.

"Every time I come before this council I'm crucified or hoorayed, depending on how many parking tickets were issued and how many people came out," Grose commented. On Thursday he was in for a bit of both.

Reeve Ray Moore promised full support. "We're going to be working with you, let me tell you." He said he is excited about this summer's World Cup as well as the future Olympic potential. "You're scaring the pants right off us for a two-day event," he said.

Deputy Reeve Bern Berry then began questioning him about parking. He said the municipality provided three men to police the parking situation last summer and asked if Grose had looked into the possibility of leasing a peice of property up the road to provide more parking. Grose said he had looked into that possibility in the past but had been turned down for various reasons. He said he will consider the option of arranging for parking space close to Minden and providing a shuttle bus to the rapids.

The high school drama club's presentation of Blind Dates poses some tough challenges to both the cast and the students involved in the construction of the set and props. Students are hard at work preparing for this March 3 and 4 performance and last week they had a chance to test out one of the props for the scene on a school bus.

Blind Dates: A slice of teenage life

"It's unbelievable how close to real life this is."

Don Grozelle, who is in charge of promotion for the HHSS Drama Club's production of Blind Dates says he is impressed by author Anna Fuerstenberg's ability to recreate real life teenage situations. "I skimmed through the script," said Grozelle, "and looked at one passage and thought 'That's me.' "

Because the scenes so closely mimic real life, Blind Dates poses a tough challenge to the student actors, says Drama teacher Nancy Robichaud. "They're trying to recreate the illusion of reality." She says they quickly learned it is no easy task to play yourself.

Blind Dates is a series of loosely-bound scenes. The common thread is that each snippet is gleaned from the life of a typical teenager. The students re-enact scenes that could easily have been pulled from their own personal daily experiences at school and home.

Except for this, each of the 25 scenes is unconnected. Robichaud describes the scenes as "slices of teenage life." Each "slice" is a window to their feelings and experiences; Each unveils some of the mys-

(more on page 3)

Ministry cuts back its fire staff

Staffing at the Ministry of Natural Resources fire centre in Haliburton will be cut by six men and there will be more onus placed on municipal fire crews as a result of a province-wide move to improve the cost efficiency of the fire-fighting system.

The ministry is cutting back its staffing by 25 per cent province wide. In the Algonquin District, which includes Haliburton County, it is being cut by 46 per cent, or about 170 men.

Tom Russell, head of the Haliburton fire centre, says there will be nine firefighters this summer where there are normally 15. Instead of having three five-man crews there will be three three-man crews.

Russell will be meeting with the municipal fire chiefs over the next five or six weeks to explain how these changes will affect them. "We will have to rely more on municipalities than in the past. There's no doubt about that." As a result, the municipal fire crews may require more training and equipment related to forest fire suppression, he said.

(more on page 10)

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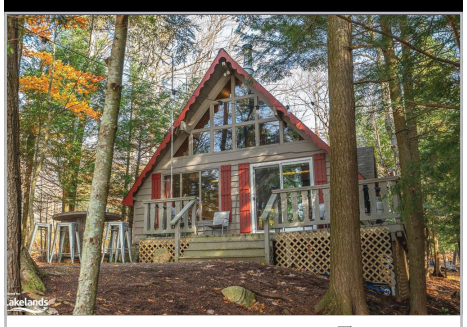

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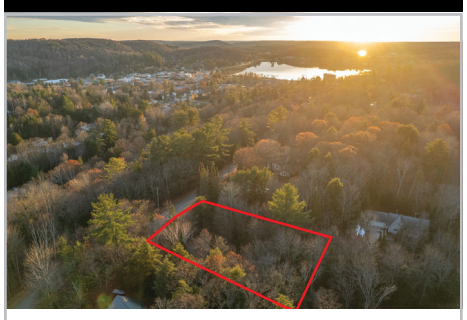

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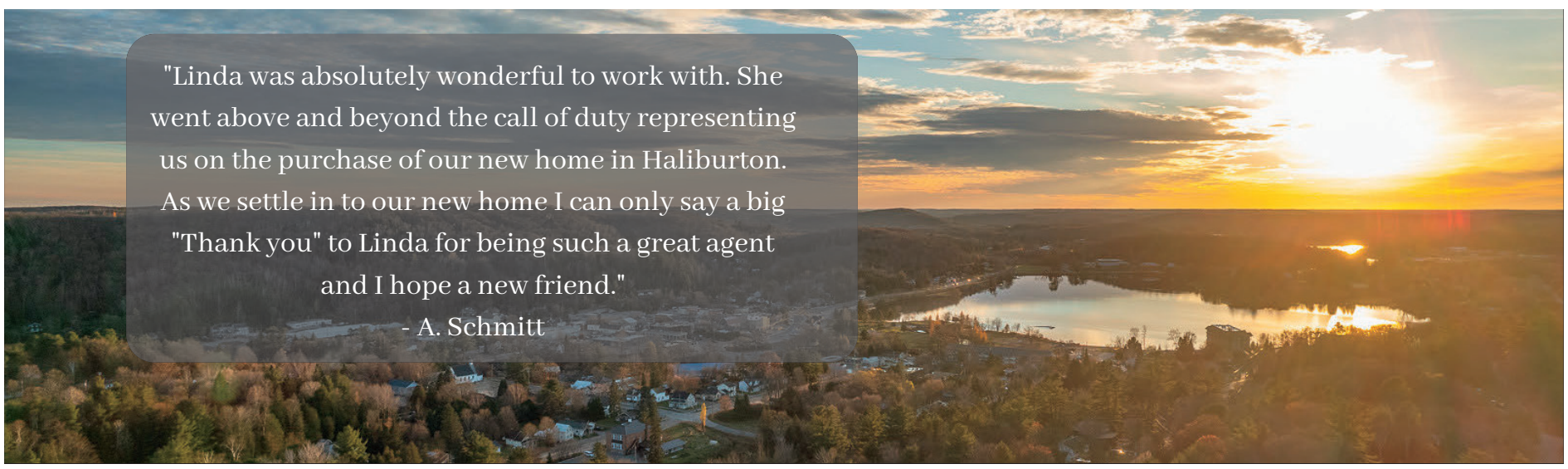

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